



Back
to Earth

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Can we think?
Can we feel?
Can we see?

The journalists want to know.
The scientists want to know.

Can we hear? They ask, they test, they publish furiously.
They debate each other, they argue with each other, they disprove each other.
They test us some more.

They put us in isolated rooms and turn the music on.
They take notes.
Do we like Mozart?
A conclusive no.
They try Dave Brubeck.
Nothing.
The Beatles?
Still nothing.

Demanding that us plants listen to you is a very very new thing.
For thousands and thousands of years, no human ever ran a test to see if we were listening to them.
For thousands and thousands of years, we didn't have scientists.
We had shamans.
For thousands and thousands of years, shamans were listening to us.
A shaman never chose to become a shaman.
We would choose the shaman and they had to heed our song.
Plants are spirits and you cannot enter the world of spirits while remaining silent.
When a plant chooses a shaman, it also teaches them a magical song.
The song is called an icaro.
The icaro is the language by which the shaman communicates with the plant, and through the icaro the plant will reply.
If a shaman has not learned its icaro, then the shaman knows nothing.

The shamans used our magical songs for protection, for learning, for exchanging knowledge, to stun a snake, cure snakebite, make a distant loved one return home, make a person into a good hunter, call the soul back to the body, give strength to the ayahuasca drink, enhance the ayahuasca visions, to bless the participants in a healing ceremony, to protect from lightning and thunder, to protect before sex, to cure bad air, call in the great boas, to ease childbirth, to call the protective spirits of the water, to swallow darts extracted from snakes and scorpions, to call the spirits, cleanse the body, to make the body strong enough to resist wind and rain, to protect against sorcery, to call the spirit of a dead shaman, to attract fish, to visit distant planets, to call the rainbow, to cause destruction by fire and even to kill.

Most importantly, the shamans used our songs to heal.
When they sang they could see the problems from which the patient suffered.

For every disease on the planet, there is a plant which will heal it.

I am Kaisoom (*Achillea falcata* L.). My aerial parts will heal you from Internal hemorrhage, uterine hemorrhoid, stomach ailment, aperitive, gastritis, bladder stones

I am Khatmia (*Alcea setosa* Alef). My leaves will heal you from Stomach, intestine pain, Inflammation and asthma

I am Rjel Al Assad (Lion's Foot in Arabic, *Alchemilla vulgaris* L.). My leaves and roots will heal you from Diabetes, Weight loss, stomach, intestine pain, inflammation, asthma

I am wild onion (*Allium cepa* L.). My bulbs will heal you from Dental infections, Cancer, lack of appetite, Hypertension, cicatrizant, vulnerary

I am wild garlic. My bulbs will heal you from hypertension, scorpion bite, whooping cough, Skin and circulatory problems, whooping cough, rheumatism

I am Khella (*Ammi visnaga* Lam.). My fruits will heal you from Urinary problems and bladder Stones

I am Himhim (*Anchusa strigosa*). My aerial parts will heal you from Rheumatism, arthritis, irritants, bonefractures, abdominal pain, joints and rheumatic pain, bronchitis, cough and diarrhea

I am Shakeik Anuman (*Anemone coronaria* L.). My flowers will cure you from Antirheumatic, spasms, I am a sedative, bactericide, fungicide, for cough, pulmonary disease, and insomnia.

I am Shirsh Halawa (*Ankyropetalum gypsophiloides* Fenzl). My roots will heal you from female sterility, Febrifuge, whooping cough and loss of appetite

I am Kaikab (*Arbutus andrachne* L.). My fruits will heal you from Urinary system problems and cancer. I am a blood tonic, pectoral, antitussive, antiasthmatic.

I am Sheih (*Artemisia herba-alba*). The tips of my flowers will heal your digestive system, cough, stomach and intestinal pain, antipyretic and eye disease.

I am Siliq (*Beta vulgaris* L.). My leaves are anti-inflammatory.

I am Lassaf (*Capparis spinosa* L.). My Fruits, roots, barks and leaves will heal your backache, skin disease, I am a diuretic, emmenagogue, antirheumatic, antigout, diuretic, astringent, antidiabetic, renal disinfectant, stimulant. I also heal joints and rheumatic pain, paralysis, chest disease,

I am Kais Al Rai (*Capsella bursa-pastoris*). I am a diuretic, astringent, Haemostatic. I will heal hemorrhoids, hemorrhage of stomach and intestinal, lung troubles, nose and kidney bleedings.

I am Murar (*Centaurea iberica*). My leaves and flowers will cure spasms and skin disease.

I am Kharoub (*Ceratonia siliqua* L.). My fruits, flowers and leaves will cure diabetes. I am a laxative, and analgesic.

I am Samwa (*Chrozophora obliqua*). My roots are for wound healing. I am emetic and purgative.

I am Zaarour (*Crataegus aronia*). My leaves heal your kidney stones, Rheumatism, urinary system and stones, digestive system. They are diuretic and laxative

I am Faqous Al Hamir (*Ecballium elaterium*). The juice of my fruits heals Hepatitis, is anti-jaundice, An emollient, haemostatic. It heals hemorrhoids, jaundice, epilepsy and chronic headaches.

I am Gersanna (*Eryngium creticum*) My roots heal your Scorpion and snakebites They cure liver diseases, poisoning, anemia, and infertility problems, dropsy and colonic pain.

My name is Mardokosh (*Majorana syriaca*). My leaves and seeds are pectoral, antitussive, Aperitive, antistomachach and carminative. We are also good for the respiratory system.

My name is Kadha (*Phagnalon rupestre*). My herbs will heal Urinary system problems and stones, we cauterize burns and aches.

I am Fejjan (*Ruta chalepensis* L.). My leaves treat Rheumatism, hysteria, worms, amenorrhea, menorrhagia, rheumatic pain, scorpion bites. We are arthritic, sudorific, antispasmodic, vermifuge, abortive, emmenagogue, antirheumatic.

My name is Babounej (*Matricaria aurea*). My flowers are Antispasmodic, analgesic, antipyretic, anticough, anti-influenza, anti-asthmatic, antispasmodic, analgesic, digestive, ophthalmic Anti-infective. We are sudorific, calmative, aperitive, antiseptic, Laxative. We heal the respiratory system, stomach and abdominal pain, sore throat, cold, bronchitis, cough, convulsion in children and diarrhea.

I am Zofa (*Micromeria myrtifolia*). I heal female infertility and spasms.

I am Jazar Shaitani. (*Ammi visnaga*). I heal asthma, coronary insufficiency, vitiligo, small bladder and kidney stones.